

ACTIVITIES SCHEDULE – MAY 2016

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--|
| EVERY WEEK 9:30 Bingo 10:00 Tai Chi Chih 11:00 Flexercise 12:15 Movie Matinee 3:30 Dance Fitness-Intermediate | EVERY WEEK 9:00 Dance Fitness-Beginner 9:00 Tai Chi for Arthritis 9:00 Twisted Sisters 9:30 Sit N Curl 10:30 Woo Ball 12:30 Bridge-Carteret 1:30 Line Dance-Intermediate 2:00 Yoga | EVERY WEEK 9:00 Tai Chi for Arthritis 9:30 Canasta 10:00 Arts and Crafts 10:00 Sit N Stretch 10:00 Yoga-Walk In 10:30 Senior Sing 11:00 Flexercise 12:30 Line Dance-Beginners 12:30 Senior Happenings 1:00 Cheerleading 1:15 Bingo - FREE 1:30 Line Dancing CLUB 2:00 Chair Yoga 3:30 Dance Fitness-Intermediate | EVERY WEEK 8:00 Coffee with a Cop 8:30 Bridge – Bonnie 9:00 Dance Fitness-Beginner 9:00 Twisted Sisters 9:30 Sit N Curl 10:00 Bible Study 1:00 Bridge – Chicago 2:00 Yoga – Walk In | EVERY WEEK 9:30 Bingo 11:00 Flexercise 12:30 Bridge – Friendly |
| 2 9:30 Blood Pressure Check 10:00 Bridge-Carteret 1:00 Mah Jong | 3 9:00 Computer Tutor | 4 10:00 Senior Singing 10:30 Flexercise 11:00 Senior Voice | 5 12:00 Calligraphy 12:00 Card Making | 6 Senior Life Expo 12:30 FREE Bingo 7:30 Friday Night Dance |
| 9 11:00 Mother's Day Celebration 12:00 Bridge Duplicate 12:00 Maritime Museum Trip | 10 9:00 Computer Tutor 10:30 Memory/Brain Basics Seminar NO Woo Ball | 11 1:00 Visually Impaired | 12 12:30 Parkinson's Support | 13 9:00 Senior Companion 11:45 COACH VA |
| 16 9:30 Blood Pressure Check 10:00 Bridge-Carteret 1:00 Mah Jong | 17 10:30 Heart Surgery Q & A NO Woo Ball | 18 10:00 Aging Planning Board | 19 | 20 7:30 Friday Night Dance |

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| 23 12:00 Bridge Duplicate | 24 10:30 Meet The Author- Michael Balzano 10:30 Senior Pharmacy NO Woo Ball | 25 9:00 Ashville Trip- Sign Up 10:00 American Legion | 26 12:00 Scrapbooking 12:00 Color Me Calm 12:30 Parkinson's Support | 27 9:00 Foster Grandparents 10:30 Memorial Day Celebration 12:00 Ft. Macon Trip |
| 30 CLOSED | 31 | | | |

DAILY DROP-IN ACTIVITIES

Available 8:00am to 4:30pm (unless otherwise noted)

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| Billiards: Room 108 | Library | Jigsaw Puzzles: Library | Pinochle: Library |
| Stretchercise: Room 112 | Computer Lab | Fitness Center | Senior Center Orientation |
| Coffee/Social: Dining Room | Senior Helping Seniors | Walking Club | Outdoor Sports |
| Table Games Room 106 | Xbox 360: Room 106 | Bikes – Free Rental | Indoor Sports: MP-A |

Lunch 11:30 (Must be pre-registered)

Please visit our Facebook page and see how much fun we have!
www.facebook.com/leonmannseniorcenter



LEON MANN, JR. ENRICHMENT CENTER
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OPERATION HOURS: MONDAY – FRIDAY 8:00 AM – 5:00 PM